

On the beautiful island nation of Sri Lanka, dedicated farmers tend hundreds of acres of certified organic coconut palms. They nourish the soil, care for the palms and pick the coconuts that become Native Forest® Coconut Milk. Their organic stewardship avoids harmful chemicals, encourages biodiversity and increases family income.

We press the meat of the fresh organic coconuts to make Native Forest Organic Simple Coconut Milk, adding only filtered water and nothing more. Delicious and versatile, our Simple Milk imparts wholesome, creamy goodness to smoothies, soups, curries, sauces, desserts and more!

See edwardandsonsrecipes.org for tasty recipes. Refrigerate after opening and enjoy within 3 days. Shake well. Coconut milk will separate when cold. For a smoother consistency, warm its container in a bowl of hot water and stir contents well.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc., the Coconut People®.



We are a family-owned, vegetarian company offering Convenience Without Compromise®... since 1978. custserv@edwardandsons.com
NON-BPA CAN • BPANI

SERVING SUGGESTION

NATIVE FOREST®

ORGANIC COCONUT MILK

NO GUAR

UNSWEETENED SIMPLE



13.5 FL OZ
398 ml

Nutrition Facts

About 5 servings per container
Serving Size 1/3 cup (80ml)

Amount per serving
Calories 140

% Daily Value*

Total Fat 14g	18%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein less than 1g	

Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0.5mg 2% • Potas. 120mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients: Organic Coconut Milk (Organic Coconut, Filtered Water).

Edward & Sons
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